

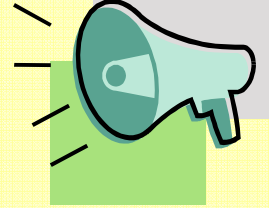


# WORKING WELLNESS

*Good Health is Good Business*

APRIL 2010

## Revised *Group Health Plan Document*

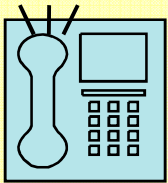


On March 17, 2010, the Board of County Commissioners approved the revised *Monroe County Group Health Plan Document*. The *Plan Document* is effective January 1, 2010 with the exception of the Utilization Management/Utilization Review Programs and requirements described in Section 5 that took effect on March 17, 2010.

In addition, Section 5 contains changes to the types of outpatient diagnostic procedures and services that will now need pre-certification.

Below is a list of outpatient diagnostic procedures and services that require certification prior to the scheduled diagnostic procedure and/or services.

- Certification must be obtained on ALL MRI, MRA, CTA, CT Scans and PET Scans;
- Certification must be obtained on ALL Outpatient physical, occupational & speech therapy referrals;
- Certification must be obtained on ALL 30-day Outpatient Cardiac Therapy;
- Certification must be obtained on ALL sleep studies and follow-up titration studies in conjunction with CPAP referrals;
- Certification must be obtained on ALL TMJ care and prescribed Orthotic Devices;
- Certification must be obtained on ALL Durable Medical Equipment (i.e., wheelchairs, hospital beds, CPAP machines, oxygen); and
- Certification must be obtained on ALL Home Health Service

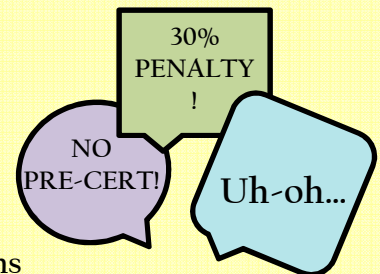


For scheduled, non-emergency outpatient diagnostic procedures and services, you must contact the Keys Physician-Hospital Alliance (KPHA) at (305) 294-4599 or (800) 400-0984 at least three to five days prior to the scheduled procedure.

### *What happens if I forget to pre-certify?*

In the event you fail to obtain prior certification from KPHA on any procedure and/or service listed above the allowed amount will be reduced by 30 percent as a penalty.

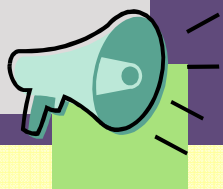
This penalty is your responsibility and is in addition to all applicable obligations and limitations under the *Monroe County Group Health Plan Document* (e.g., the deductible and coinsurance requirements). This penalty amount will not be applied towards the coinsurance requirement limits (e.g., the individual coinsurance requirement limit).



### *Where can I find the revised Group Health Plan Document?*

Our office is diligently working on getting printed copies to all of the County's insured employees. In the meantime, the revised *Plan Document* can be found on our webpage.

Go to (type the following into your internet browser's address bar): [http://monroecofl.virtualltownhall.net/Pages/MonroeCoFL\\_GroupInsurance/PDFs/MONROE%20COUNTY%20GROUP%20HEALTH%20PLAN%20DOCUMENT.pdf](http://monroecofl.virtualltownhall.net/Pages/MonroeCoFL_GroupInsurance/PDFs/MONROE%20COUNTY%20GROUP%20HEALTH%20PLAN%20DOCUMENT.pdf)



# FREE Glucose Meters!

The next two pages are excerpts from a pamphlet provided by Walgreens Health Initiatives (WHI).



## State-of-the-Art Blood Glucose Meters

Available for Walgreens Health Initiatives'

Pharmacy Benefit Management Members *at No Charge*

**Importance of glucose testing:** Regular testing of your blood glucose to help maintain your target level is the key to managing your diabetes. It also can reduce your risk of long-term diabetes-related complications. Any of the following meters, available to you at no cost, are the latest in monitoring technology and will make it easier for you to test regularly.

Make your selection and call today to take advantage of this excellent opportunity for a free, new, state-of-the-art glucose meter!

How to order: Compare the descriptions on this page and the next, choose the meter that's best for you, and then call the appropriate toll-free phone number to order. Be sure to identify yourself as a Walgreens Health Initiatives PBM member and provide the group number on your prescription ID card. Your order will be processed by an independent fulfillment center.

Choose...

### ACCU-CHEK® meters from Roche Diagnostics

To order an ACCU-CHEK meter, call 888-355-4242 toll free between 8:00 a.m. and 8:00 p.m. Eastern time. For more detailed meter descriptions, visit [www.accucheck.com](http://www.accucheck.com). Data from the meters can be downloaded to a computer for further analysis.

#### ACCU-CHEK® Compact Plus

- Preloaded 17-strip drum saves struggling with vials and strips each time
- Choice of six test sites (*Get the facts about alternate-site testing and talk with your doctor before deciding if it's right for you*)
- Test reminders, event flags, and hypoglycemia alerts
- 5-second test



#### ACCU-CHEK® Aviva

- Small sample size
- Choice of six test sites (*Get the facts about alternate-site testing and talk with your doctor before deciding if it's right for you*)
- Test reminders, event flags, and hypoglycemia alerts
- 5-second test



## OneTouch® meters from LifeScan

To order a OneTouch meter, call 888-438-3924 toll free between 8:00 a.m. and 8:00 p.m. Eastern time. Be sure to provide the program code 327WH101. For more detailed meter descriptions, visit [www.lifescan.com](http://www.lifescan.com). Data from the meters can be downloaded to a computer for further analysis.



### OneTouch® Ultra®2

- Flag results before or after meals to see the impact of food choices
- View before- and after-meal averages to see the effects of food portions over time
- Two-way scrolling buttons and new backlighting make it easy to read and operate
- 5-second test

### OneTouch® UltraMini™

- Just the basics of testing with LifeScan's smallest meter
- Only a speck of blood required for accurate results in 5 seconds
- Small, sleek design to fit in your pocket or purse
- Now available in four stylish colors



Brand names are the property of their respective owners.

Offer is not valid for individuals eligible for government-sponsored healthcare programs or where prohibited by law.

This offer is available only through the toll-free numbers listed and is limited to one offer per member, so please do not reply to this offer if you have already responded. This offer is not valid for members currently using a OneTouch® or ACCU-CHEK® blood glucose monitoring system. These meters are not for resale, and you may not submit claims for reimbursement by third party payors.

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Choose...

The pamphlet can be viewed as a whole by going to (type the following into your internet browser's address bar):

[http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL\\_GroupInsurance/PDFs/StateoftheArtBloodGlucoseMeterspamphlet.pdf](http://monroecofl.virtualtownhall.net/Pages/MonroeCoFL_GroupInsurance/PDFs/StateoftheArtBloodGlucoseMeterspamphlet.pdf)

## \$10 Co-Pay for Diabetic Supplies !



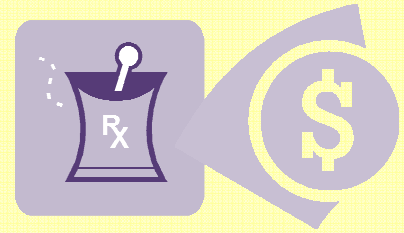
Now available through your pharmacy program, \$10.00 co-pay for diabetic supplies! Take your WHI prescription card along with your prescription to any participating pharmacy and pay just \$10.00 for a one month's supply.

See the next article for information about how to determine the co-pays of your other medications.

# Determine Your Medication Co-Pay

If you are ever unsure about how much your co-pay will be for your medication or if your medication is available in generic, you can contact WHI's Customer Care Center at 1-800-207-2568.

You can also register online at [www.mywhi.com](http://www.mywhi.com) and click on the "Search preferred drugs" link on the left hand side of the webpage, type in the name of your medication, then click on the dosage amount that was prescribed to you.



## *Why is the pharmacy telling me my medication is denied?*

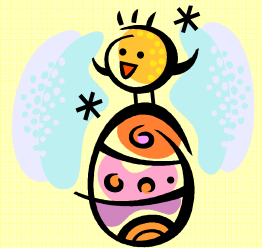
If your pharmacy is unable to fill your prescription your best bet is to contact WHI's Customer Care Center at 1-800-207-2568. The Customer Care Center is open 24/7!

## *What if I am told my medication needs pre-authorization?*

If you are told your prescription needs pre-authorization, you or your doctor should contact WHI's Clinical Services at 1-877-665-6609. If the medication you are being prescribed is an injectable, please call Walgreen's Specialty Pharmacy at 1-888-782-8443.

## Benefits Office Staff Members

Maria Z. Fernandez-Gonzalez, Sr. Benefits Administrator	(305) 292-4448
Meggan A. Meggs, Sr. Benefits Coordinator	(305) 292-4450
Tammy Sweeting, Workers' Compensation Specialist	(305) 292-4507
Louise Basham, Insurance Specialist	(305) 292-4579
Alana Thurston, Assistant	(305) 292-4446



## COMP CORNER

The Comp Corner  
will return next  
month.

Injured workers are encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.



The goal of the Benefits Office remains the overall health and well-being of the County employees. As always, we are here to assist you!

Our staff is available Monday through Friday from 8:00 AM to 5:00 PM.